

Winter Awareness



The following are signs and symptoms of frostbite

- Paleness of the skin
- Sensation of coldness or pain
- Pain disappears after a while with the freezing of the tissues.
- Tissues become increasingly whiter and harder.



Here are signs and symptoms of hypothermia

- Cool skin
- Slower, irregular breathing
- Slower heartbeat
- Weak pulse
- Uncontrollable shivering
- Severe shaking
- Rigid muscles
- Drowsiness
- Exhaustion
- Slurred speech
- Memory lapses

Seven Tips for Combating Cold Stress

1. Update employees on the cold and changing weather.
2. Use a buddy system.
3. Adjust your work schedule to the cold or changing weather.
4. Layer clothing.
5. Wear complete PPE (personal protective equipment).
Wear eye protection.
6. Eat and drink hot or warm foods and liquids.

Research your topic to answer simple questions that help you focus on **SAFETY HAZARDS/ACTIONS** and **steps** for getting your safety meeting off on the right foot!

Safety Meeting Purposes:

List at least two **hazards** that put you and others at risk from prior activities and work practices. **Discuss:**

- ✓ What hazards or issues cause the most injuries and/or accidents in your workplace?
- ✓ How do hazards affect you and co-workers?
- ✓ Why do shortcuts lead to injuries and/or accidents?

List what **actions** are needed to avoid such hazards, using improved steps to keep your workplace safe. **Discuss:**

- ✓ How can hazards be avoided or eliminated?
- ✓ What safety specifics and precautions should be taken to prevent any future injuries and/or accidents in your workplace?

Safety Meeting Resources

<http://web.princeton.edu/sites/ehs/coldstress/coldstress.htm>

<http://www.transportation.nebraska.gov> (intranet/hrintra/training)